

2SBCT warriors partner with Marines and NZ forces

Story and photo by
2ND LT. CHASE CAPPO
2nd Battalion, 14th Cavalry Regiment
2nd Stryker Brigade Combat Team
Public Affairs, 25th Infantry Division

NEW ZEALAND — Soldiers from 2nd Battalion, 14th Cavalry Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, traveled to New Zealand for the month of November to participate in Southern Katipo 2013 with U.S. Pacific Command forces and New Zealand Defense Force personnel.

Southern Katipo 13 is a multinational military training exercise on the North and South Island of New Zealand lasting from Nov. 4-29.

The exercise is designed to enhance military-to-military relations between participating forces while supporting the development of the host



Sgt. Curtis Holman (left) 2-14th Cav. Regt., guides Pvt. Te Huia Paniora, New Zealand army, prior to deploying for Southern Katipo 13. (Photo has been altered from its original form; background elements have been removed.)

nation’s amphibious capabilities. “To get an idea of the magnitude, Southern Katipo 13 is the largest joint training operation the New Zealand military has ever hosted,” said 1st Lt. Bryce Land, 2-14th Cav. Regt. liaison officer for American Army Support units.

Approximately 80 Marines from I Marine Expeditionary Force and 73 Soldiers from 2-14th Cav. Regt. participated in the exercise.

“Operation Southern Katipo is designed to improve joint coordination between American services and foreign militaries as part of the Joint Inter Agency Task Force (JIATF),” said Maj. Jeffery Hinds, operations officer, 2-14th Cav. Regt.

The JIATF includes forces from Australia, Canada, France, Malaysia, Papua New Guinea, Singapore, Tonga and the U.S. Army and Marine Corps. Part of the training includes ship-board familiarization to increase the capabilities of maritime Soldiers and systems on international ships.

“Our headquarters units will engage in long-term planning and quick-reaction force development,” said Sgt. Daniel Nguyendo, an intelligence analyst with 2-14th Cav. Regt.

“Every nation is working to streamline the multinational functions in the Pacific,” Nguyendo stated. “Our entire maneuver is based around an amphibious operation consisting of the rapid off-load of personnel and equipment, timed rehearsals, timed disaster responses and even the seizure of a town on shore. After we’ve completed the direct mission, then we

move into reconstitution operations.”

Soldiers and Marines have also been briefed on foreign military customs and cultural norms, so they can internalize the impact of joint cooperation in the Pacific.

This year marks the 70th anniversary of the 2nd Marine Division beach landings at Mahia Peninsula. U.S. Marines trained in New Zealand prior to their island-hopping campaign northward across the Pacific, which led to the defeat of the Japanese empire in World War II.

“The U.S. military and the Kiwi Forces share a historic bond as coalition partners,” said Chief Warrant Officer 2 Richard Long, sergeant major of Training and Doctrine Headquarters for the New Zealand army.

Amongst the junior ranks, Soldiers worked together to develop lasting relationships. After a pickup game of basketball, Aircraftsman Shane Brewer of the Royal New Zealand Air Force revealed how the tradition is being kept alive.

“I’ve been looking forward to seeing our mates from across the world. ... I’m just set and ready for my side of the mission, Kiwi Flag,” said Brewer.

Kiwi Flag 2013 is the name of the Royal New Zealand Air Force’s mission to conduct airlift



A specialist from 2-14th Cav. Regt., 2nd SBCT, 25th ID, works with Pvt. Jamie Blair of 2-1 Fire Support Group, New Zealand army, in an exercise designed to enhance military-to-military relations between participating forces. (Photo has been altered from its original form; background elements have been removed.)

operations in support of Southern Katipo.

“Southern Katipo is a realistic and challenging exercise that brings service members closer together while improving all partner nations’ ability to work multilaterally,” said Hinds. “At the end of the day, we’re training ourselves to build better international relationships and cooperate more efficiently.”

Points change for Soldiers seeking NCO status in 2014

C. TODD LOPEZ
Army News Service

WASHINGTON — Soldiers competing for sergeant in January will no longer have 16 promotion points available to them for completing the online “Structured Self-Development I” course.

Additionally, Soldiers who have not completed SSD-I will not be eligible for promotion to sergeant for the Jan. 1 promotion cycle.

The new rules were laid out in a Nov. 25 message involving structured self-development and semi-centralized promotions. The message says that beginning in December, Soldiers who complete the SSD-I course will not get any points for it. The message also makes it clear that the SSD-I course is a requirement for promotion to sergeant.

Sgt. Maj. Jonathan Uribe-Huitron, chief of the Enlisted Promotion Branch at Army Human Resources Command, said SSD-I is a requirement to attain eligibility for promotion recommendation to E-5, and a prerequisite for attendance at the Warrior Leader Course. That requirement is one reason the points awarded for completion of the course were dropped.

“It is a mandatory requirement for all Soldiers to have it, so there is no need for us to award points for a requirement that they need to have,” he said.

In the past, Uribe-Huitron said, promotion points were offered for SSD-I because it was a correspondence course. Soldiers had earned four points for each week of the four-week course.

Soldiers can still earn points elsewhere to make themselves competitive when they go before a promotion board, Uribe-Huitron said. He explained those Soldiers need to realize that they are competing against peers in their own military occupational specialty, known as an MOS, for promotion.

Competition with MOS

“Their promotion potential will depend on what the rest of their peers are doing in that same MOS,” Uribe-Huitron said. “Soldiers must familiarize themselves with how the Army awards promotion points. This is where non-commissioned officers come into play, as they coach and mentor their Soldiers. NCOs, having experienced this process, will have a thorough understanding of how Soldiers can earn more points to become more competitive.”

How many Soldiers can be promoted depends on how many slots within an MOS that

the Army needs to fill, Uribe-Huitron said. If the Army needs to fill a lot of empty slots in an MOS at a particular grade, it will set the promotion points’ requirement low. If it needs to fill fewer slots, the promotion points’ requirement will be higher.

Other promotion points

Soldiers can earn up to 255 promotion points in military training, Uribe-Huitron said, and that includes weapons qualification and the Army Physical Fitness Test.

They can earn as many as 195 points for awards and decorations; up to 280 points can be earned for military education, which in the past included completion of SSD-I. They can also earn up to 100 points for civilian education. An additional 30 points may be earned for airborne advantage. Soldiers also earn 80 promotion points for attending the Warrior Leader Course. They may earn more than that through exceptional performance in the course. Those Soldiers who make the commandant’s list, for instance, will instead earn 92 promotion points. Graduates of the course who earn “Distinguished Honor Graduate” status or “Distinguished Leadership Award” will now receive 104 pts.

While Soldiers will no longer earn points for attending SSD-I, no changes were announced for the points earned by completing SSD-III or SSD-IV. The SSD-V course is still under development, Uribe-Huitron said, and is not available at this time.

Changes to CLI

Not all promotion-eligible Soldiers have their commander’s recommendation to go before a promotion board. But those Soldiers could still be promoted by being placed on “command list integration,” or CLI.

Soldiers on CLI are on the promotions standing list along with Soldiers who went before a promotion board. But those CLI Soldiers do not appear on the list with all the promotion points they earned. Instead, they are ranked on the list with either 39 points, if they are seeking promotion to sergeant, or 14 points, if they are seeking promotion to staff sergeant.

When the Army needs to fill more spots in an MOS than the number of Soldiers sent before a promotion board for sergeant, for instance, it drops the promotion requirement

Fiscal Triad critical to success

Story and photo by
STAFF SGT. KYLE RICHARDSON
U.S. Army-Pacific Public Affairs

BELLOWS AIR FORCE STATION — Disaster or tragedy can strike anywhere in the world. Teams of Soldiers could get called to provide humanitarian assistance or aid at a moment’s notice.

However, before the Soldiers are able to provide assistance, there are teams in place to provide the right resources to facilitate mission success.

Units from the Army, Air Force, Navy, Marines, Coast Guard and Department of Defense civilians participated in the 413th Contracting Support Brigade’s third annual disaster training exercise (DTX), held at the Hawaii Army National Guard Training Center, here, Nov. 16-23.

Throughout the weeklong exercise, staff from resource management, legal and contractors worked through various scenarios. When resource management, legal and contracting act as one entity, these components are commonly known as the Fiscal Triad.

“These exercises prepare us for the real world. What we’re doing here, today, is relevant and right on time. This training is beneficial to us all.”

The Fiscal Triad may not consist of many beach-storming, door-kicking Soldiers, but these hardcore check-writing, legally contract-binding Soldiers are being called upon more as global disasters hit hard.

“It’s a great learning process for us all,” said Ransaw. “This exercise is like a window into what we’re doing over here in the Pacific. Disaster training exercises show how prepared we are to maneuver throughout the Pacific when tragedy happens.”

“The goal of this exercise is to make sure that we have a deployable, ready Fiscal Triad to go out and be able to respond to missions across the Pacific region,” said Col. Martin Zybura Garfield, commander, 413th CSB.

“When something happens for real, we’re able to quickly execute,” Garfield said, “and it’s also important that we bring in other services so that we share joint practices and that we’re all are ready to execute.”



Staff Sgt. Christopher Legler, a cash management supervisor from the 175th Financial Management Support Center, discusses financial capabilities during a financial briefing.

“Just like the USARPAC motto, ‘we are one team,’ it takes all three legs of the Fiscal Triad for us to successfully accomplish our mission, and we do that very well,” said Col. John Vogel, deputy chief of staff for financial management, USARPAC.

“Each leg of the Fiscal Triad works closely together to meet the USARPAC commander’s mission, requirements in compliance with law, policy and regulations,” added Col. Kevan Jacobson, a staff judge advocate for USARPAC.

The Fiscal Triad legally procures the resources needed to sustain Soldiers and host country nationals during military operations and crises.

Soldiers participating in the DTX conducted scenarios that tested their abilities to quickly procure essential resources needed for rapid deployment.

“The mission focuses around the Fiscal Triad,” said Sgt. Maj. Gregory Ransaw, senior financial management adviser for USARPAC.

“The tragedy that happened in the Philippines is why we train,” Ransaw explained.

While it’s rare to find all services represented in a centralized location for a training exercise, all services have a version of the Fiscal Triad.

“It’s very important to come together and hone our skills,” said Air Force 1st Lt. Harry Thigpen, a specialized contracting officer for the 766th Specialized Contracting Squadron.

“It’s our job to help U.S. forces and local nationals procure the resources they would need to sustain life in the aftermath of a disaster,” Thigpen said. “Only when we can come together as a single entity can we bring adequate relief to those in need.”

The annual exercise provides valuable learning opportunities for Soldiers to maintain and improve skills in a deployed environment.

“This training event is the best I’ve seen. This is what right looks like in the area of training our forces,” said Col. Jeffrey Powell, commandant, U.S. Army Financial Management.

As long as the Soldiers in the Pacific region continue to support the surrounding nations, the Fiscal Triad will ensure they have the life-



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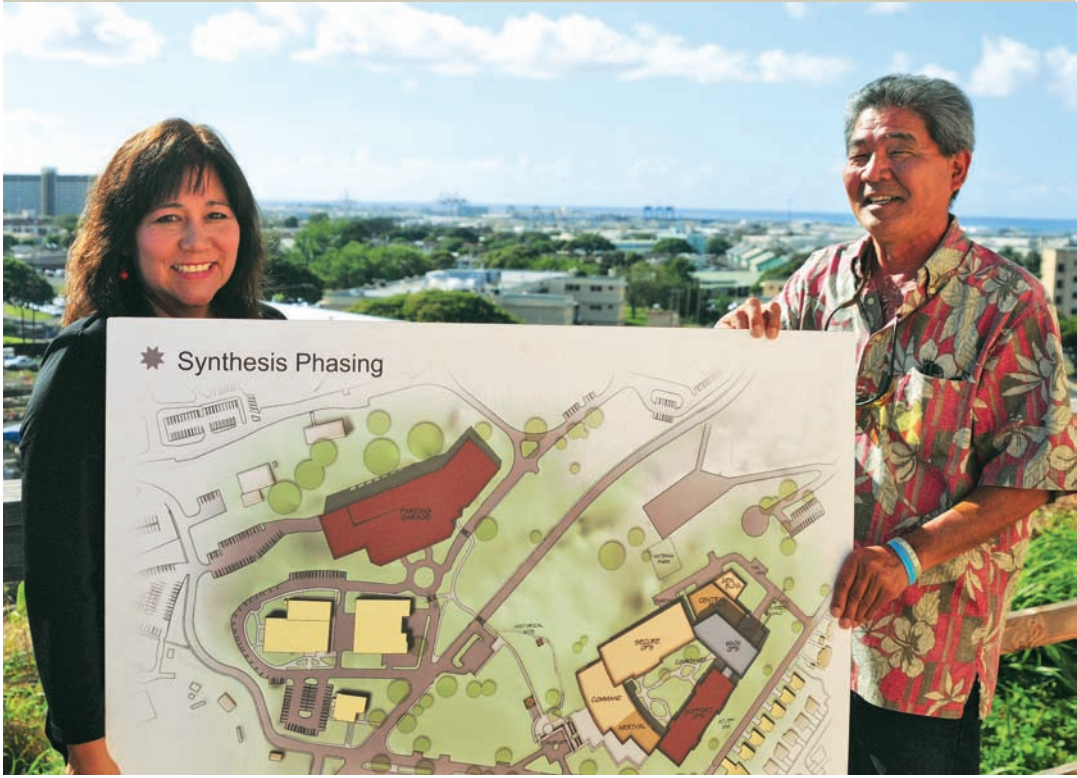
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MISSION COMMAND FACILITY



FORT SHAFTER — Lise Ditzel-Ma (left), project manager for the new Mission Command Facility, displays the breakdown of phases for construction during a tour of the facility, here, recently. The project has four phases and is currently in phase one. Once the facility is complete, U.S. Army-Pacific Headquarters will be consolidated into one facility that will have up-to-date security and computer technology.

The construction site will be open to Fort Shafter residents at 10 a.m., Dec. 19. Those interested in attending the tour to see the facility’s progress can reserve a space by calling 438-2662. (Photo by Sgt. Charlene Moler, U.S. Pacific Command Public Affairs)



This is a composite of what the proposed new Mission Command Facility will look like. Once completed, USARPAC HQ will be consolidated into one facility that will have up-to-date security and computer technology.

BRIDGING THE BASICS

Leaders must evolve with technology to remain relevant

SGT. MAJ. PATRICK MURRAY
5th Battlefield Coordination Detachment
U.S. Army-Pacific

The Army, as a whole, faces a challenge that requires complete “buy in” by our leaders, at all levels.

Soldiers and young leaders throughout the ranks of the Army are a product of an evolution in technology.

However, we as senior leaders often rely on our foundations of training. This training did not involve computers, interactive videos, databases and other application-based venues.

This challenge requires our leaders to put aside all biases that may influence their ability to implement training, education and professional development programs within their organizations.

The 5th Battlefield Coordination Detachment’s willingness to embrace evolving technology while “bridging the basics” will prove to be the most important factor contributing to the success of the unit.

Soldiers are the foundation of the profession; the BCD is no different. We must maximize training by accounting for how Soldiers learn.

The evolution of training incorporates the tools in advancement of technology as it pertains to planning,

preparing, executing and managing training programs throughout each branch of the Army. The BCD implements systems such as the Combined Arms Profession of Excellence (CAPE), the Training Management System (TMS) and the Army Training Network (ATN) in order to capitalize on our Soldiers’ and leaders’ full potential.

Soldiers enter the military with more education than ever before. This fact requires our key enlisted leaders to further their civilian education in order to remain relevant.

The BCD assists the Army in closing the gap in education by using technology to advance our Soldiers in their education and professional development. The BCD takes a proactive approach by monitoring and enforcing the Professional Military Education (PME) and Soldier Self Development (SSD) programs. The unit embraces technology through distance learning and other applications that allow our service members to continue their development, regardless of geographical location.

The most difficult gap to account for resides in experience. History tells us that post-war of this magnitude oftentimes results in drastic change. Experience does not only apply to



Murray

“The most difficult gap to account for resides in experience. History tells us that post-war of this magnitude oftentimes results in drastic change.”

tactics used in combat; it also includes customs and courtesies, traditions, counseling, training and numerous other variables too complex to cover in a short article of this nature.

The importance of capturing the experience of leaders transitioning out of the military will determine the success of bridging the gap.

The BCD continues its efforts to capture this experience through Leadership Professional Development programs, along with emphasis on mentorship and effective counseling. The BCD also looks to CAPE and other Web-based applications to assist in the development of our young Soldiers and leaders.

In order to maximize the effectiveness of the men and women of the 5th BCD, we embrace technology in order to capitalize on the personal and professional growth of our warfighters. The Army continues to account for gaps in training, education and experience through effective use of technology.



PTSD is not a cause to feel shame

CHAPLAIN (MAJ.) ANTHONY COOK
130th Engineer Brigade
8th Theater Sustainment Command

I often wonder how many Soldiers serving here at Schofield Barracks and Fort Shafter are suffering from post-traumatic stress disorder (PTSD) and are too ashamed to seek help, especially since the vast majority of them are combat veterans.

What is PTSD, many may ask.

PTSD can occur following a life-threatening event, like military combat, natural disasters, terrorist incidents, serious accidents or violent personal assaults like rape. People who suffer from PTSD often suffer from nightmares, flashbacks, difficulty sleeping and feeling emotionally numb. These symptoms can significantly impair a person’s daily life.

PTSD is marked by clear physical and psychological symptoms. It often has symptoms like depression, substance abuse, problems with memory and cognition, and other physical and mental health problems. The disorder is also associated with difficulties in social or family life, including occupational instability, marital problems, family discord and difficulties in parenting.

Simply put, PTSD is an illness, and like all illnesses, it needs treatment.

In a “Time” magazine article dated May 2008, entitled “Stigma Keeps Troops from PTSD Help,” Kathleen Kingsbury writes that “more attention has been paid to the mental health of American troops in Iraq and Afghanistan than in any previous war. Yet, shame remains a significant barrier to military personnel and their families getting the psychiatric treatment they need.”

The article further states that “nearly three-quarters of the 200 military men and women interviewed by the American Psychiatric Association (APA) said that it was very or somewhat easy for them to seek out mental health. However, 60 percent still feared that doing so could have negative consequences on their careers. More than half reported they believe others would think less of them if they sought out counseling, and most surveyed said they have rarely or never spoken even to family and friends about mental health issues.”

Also, Dr. Aphrodite Matsakis, in his book “Back from the Front, Combat, Trauma, Love and the Family” had this to say about veterans’ shame: “Some veterans experience shame and self-hate on an unconscious level. They may not even be able to articulate any such feelings. If asked if they have a self-image problem, they may say no. After all, shame, self-hate and negative self-image are not signs of soldering strength.”

The problem of shame and stigma attached to PTSD forced the U.S. legislature to introduce and pass a bill that focuses on reducing the stigmas of service members seeking treatment for PTSD. The bill is called the Joshua Omvig Veteran Suicide Prevention Act, named for an Army Reserve combat veteran who committed suicide in 2005 after returning from a deployment to Iraq.

According to an article in the “Army Times” entitled “Bill Aim to Remove Stigma from PTSD Help,” U.S. Sen. Tom Harkin, the chief sponsor of HR327, stated, “Although our men and women may come home safely, the war isn’t over for them. Often, the physical wounds of

See PTSD A-5



Cook

Voices of Ohana

The holidays are here.

“How do you welcome the holiday season?”

Photos by 500th Military Intelligence Brigade.



“Hang up decorative lights for Christmas.”

Sgt. Derek Bass
Intelligence analyst,
Co. A, 715th MI Bn.,
500th MI Bde.



“Watch ‘The Christmas Story’ with my family.”

Sgt. 1st Class Gabriel Huerta
Intelligence analyst,
Co. A, 715th MI Bn.,
500th MI Bde.



“Spend time with my family and watch TV together.”

Spc. Shen Li
Intelligence analyst,
Co. B, 715th MI Bn.,
500th MI Bde.



“Decorate the Christmas tree and make pasteles and arroz con gandules.”

Sgt. Carlos Perez
Supply specialist,
HOC, 715th MI Bn.,
500th MI Bde.



“Decorate the house with the family and enjoy a traditional holiday feast on Christmas Eve.”

Chief Warrant Officer 2 Laurimar Sammons
Training coordinator,
Co. A, 715th MI Bn.,
500th MI Bde.

1941 attack commemorated

NATIONAL PARK SERVICE
Public Affairs

PEARL HARBOR — Saturday, Dec. 7, a moment of silence will be observed, here, at 7:55 a.m., the exact moment the Japanese attack on Pearl Harbor began 72 years ago.

A guided-missile destroyer will render honors to the USS Arizona and a flyover will be conducted.

In keeping with this year’s theme, “Sound the Alarm,” and to connect Pearl Harbor survivors across the U.S. with the commemoration ceremony taking place Saturday at Pearl Harbor, the National Park Service is partnering with Veterans United to host an interactive broadcast, via wireless streaming, with sites across the U.S. including the U.S. Navy Memorial Museum (Washington, DC); Great Lakes Naval Museum (Chicago, IL); Arizona State Capitol (Phoenix, AZ); and Rosie the Riveter National Historic Site (Oakland, CA).

The theme showcases the heroic actions of those who answered the call and examines the means of communication used to unify the nation.

Prior to the start of the ceremony, Pearl Harbor survivors and World War II veterans will be able to interact with one another, and those who are unable to attend the ceremony on Oahu will be able to view the event in their hometown as it takes place.

Highlights of the ceremony will include music by the Navy’s U.S. Pacific Fleet Band, morning colors,

a Hawaiian blessing, a rifle salute by members of the Navy, wreath presentations, echo taps and recognition of the men and women who survived the attack of Dec. 7, 1941, and those who made the ultimate sacrifice for their country.

The ceremony is co-hosted by Paul DePrey, superintendent, National Park Service, World War II Valor in the Pacific National Monument, and Rear Adm. Richard Williams, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific.

This year’s keynote speaker is Secretary Max Cleland of the American Battle Monuments Commission. A former Georgia senator and the youngest-ever administrator of Veterans Affairs, Cleland served in the Vietnam War as an Army battalion signal officer, charged with improving communications on the battlefield. In 1968, as a captain, Cleland was seriously wounded in combat and received the Bronze Star for meritorious service and the Silver Star for gallantry in action.

Adm. Harry Harris Jr., commander, U.S. Pacific Fleet, is scheduled to speak. Pacific Fleet maintains combat-ready and forward-deployed naval forces that consist of approximately 200 ships/submarines, 1,100 aircraft, and 140,000 Sailors and civilians. The fleet leads America’s rebalance to the Pacific.

Misinformation or no information at all was released to the public about who survived the 1941 attack. Many times, it took months for fam-

ilies to receive the devastating news that they had lost their loved ones.

How did the nation respond? Victory gardens were planted in people’s backyards, patriotic songs played on the radio 24/7, and thousands of young men, many of whom were under the legal age of 18, enlisted to fight in the name of freedom.

“Sound the Alarm” shows America’s commitment to unity and action in the face of the national threat.

The ceremony will take place on the back lawn of the Pearl Harbor Visitor Center at the World War II Valor in the Pacific National Monument, looking directly out to the USS Arizona Memorial, Saturday, Dec. 7, 7:45-9:30 a.m.

The commemoration is free of charge and open to the general public and seats are on a first-come, first-served basis.

The Visitor Center will open early at 6 a.m. Seating for the public will begin at 7:15 a.m.

The ceremony will conclude with a “Walk of Honor” by Pearl Harbor survivors and other World War II veterans through an honor cordon of military service members and National Park Service members.

Commemoration attendance

For more information about the Pearl Harbor Day’s 72nd anniversary commemoration ceremony and special events, visit www.pacifichistoricparks.org.



Spc. Paul Johnson (left), 536th Support Maintenance Company, 524th CSSB, 45th SB, 8th TSC, accepts his badge from a German army soldier after competing in a Schutzenschnur, or German marksmanship qualification.

TF Hannibal earns Schutzenschnur badge

Story and photo by
CAPT. JERRY GARNER
524th Combat Sustainment
Support Battalion, 45th Sust. Brigade
8th Theater Sust. Command

CAMPT MARMAL, Afghanistan — In the spirit of friendship, the German army hosted Soldiers from 524th Combat Sustainment Support Battalion, “Task Force Hannibal,” 45th Sust. Brigade, 8th Theater Sust. Command, in a “Schutzenschnur,” a German marksmanship qualification competition, here, recently.

German soldiers served as trainers and mentors for Task Force Hannibal’s Soldiers as the participants became familiar with the German weapon systems.

During the first part of the Schutzenschnur, 524th CSSB Soldiers fired a German Heckler and Koch G36 A1 5.56 mm rifle at targets from 100 meters, then from the prone position at 75 meters and finally from the standing and kneeling position at 50 and 25 meters, respectively.

During the second portion, Task Force Hannibal Soldiers used the German army P-8 pistol to fire at targets in the standing position at 25 meters.

The final portion of the Schutzen-

schnur was a timed event in which participants had six seconds to fire at two targets from the prone, kneeling and standing positions with the pistol.

The event was a rare opportunity for the Soldiers, who are stationed out of Schofield Barracks, as it provided an opportunity to foster camaraderie between two nations that have been partners for more than 10 years, here. It also gave the U.S. Soldiers a rare chance to learn new weapon systems.

“The machine gun was awesome,” said 1st Lt. Joann Marquez, 524th CSSB. “Its power was impressive, and the German soldiers were excellent teachers and trainers.”

Approximately 20 Task Force Hannibal Soldiers attempted to qualify in the very difficult competition, and the Soldiers valued the opportunity to earn a new badge for their uniform.

Participants earned a gold Schutzenschnur badge if they hit all targets perfectly. If they missed only two times on the rifle range, or one time on the pistol range, participants earned a silver badge. If three targets were missed on the rifle range or two on the pistol range, the participant earned a bronze badge.

Warfighters celebrate Military Family Month, show command cares

Story and photos by
STAFF SGT. RICHARD SHERBA
8th Military Police Brigade
Public Affairs
8th Theater Sustainment Command

“Throughout our nation’s history, an unbroken chain of patriots has strengthened us in times of peace and defended us in times of war. Yet, the courageous men and women of the United States military do not serve alone. Standing alongside them are husbands and wives, parents and children, sisters and brothers.

During Military Family Month, we celebrate the families who make daily sacrifices to keep our nation whole, and we remember a most sacred obligation — to serve them as well as they serve us.”

— President Barack Obama’s November proclamation of Military Family Month



Military families from the 728th MP Bn., 8th MP Bde., 8th TSC, participate in a physical training challenge during Military Family Appreciation Day. Integrated into the celebration were static displays and a physical training challenge done in a fun way to familiarize families with their Soldiers’ experiences, equipment and responsibilities.

“It’s really nice when units echo the intent of our commander in chief’s (Presidential Proclamation), taking his words and putting them into action,” said Tiajuana Morgan, wife of Chief Warrant Officer 3 Archie Morgan, Headquarters and Headquarters Detachment, 728th MP Bn., 8th MP Bde.

“To actually set aside an afternoon and break away from all the commitments is really awesome,” Morgan continued. “It lets you know that this (728th MP Bn.) is a unit and command

that truly cares about military families.”

The afternoon was filled with music, activities for children, cotton candy, popcorn, raffles and prizes, all typical of what one would expect at a large-scale celebration; however, there was an atypical theme to the celebration that provided a unique experience for the battalion’s military families.

Integrated into the festivities were static displays of military vehicles and equipment, as well as a physical train-

ing challenge, all done in a fun way to familiarize the battalion’s military families with their Soldiers’ experiences, equipment and responsibilities.

“Sometimes, my son asks me, while we’re driving in the car, ‘Hey, Mom, do you drive that vehicle right there? What does it do?’” said Master Sgt. Jamila Smith, battalion S-2 shop non-commissioned officer in charge, 728th MP Bn., 8th MP Bde.

“By bringing out the different vehicles and equipment, and by giving our families the physical training challenge, it brings our families and our children into our world for a little while,” Smith explained. “It gives them that actual realization of what Mom or Dad does, that these are the things that Mom or Dad use to make the mission possible, and when we get up every morning and go to PT, these are some of things that we do.

“So, that was the intent behind it,” Smith continued. “It felt really good to see a lot of families out there smiling, asking questions and engaging Soldiers in conversation on the capabilities of the equipment and what the Soldiers do.”

Lt. Col. Theresa Farrell, commander, 728th MP Bn., 8th MP Bde., knows all too well the importance of the military family and the roles family members play in support of their Soldiers and to the mission, as she grew up in a military family herself.

“My father was in the Army for 22 years, and I saw how important it was that us five kids and my mother supported him, and how he was able to do his job because we were there for him,” said Farrell.

“It’s important that we open up the doors to families and include them, so they don’t feel like it’s a family and a Soldier, but rather one military family,” continued Farrell. “As we’ve gone through more than 10 years of conflicts, it’s the spouses and the family members who keep our Soldiers serving, and it’s the spouses and family members who really give our Soldiers the support they need.”

“The military is a wonderful place to connect and raise a family,” said Stephanie Cross, wife of Command Sgt. Maj. Bradley Cross, senior enlisted adviser, 728th MP Bn., 8th MP Bde.

“I always say whenever we’re going anywhere that we are an Army family,” Cross added. “I honestly feel like we’re all enlisted, if that makes sense. I know we don’t do the work that my husband does, but we do make the sacrifice.

Cross and her husband have two children and one grandchild and will be celebrating their 25th wedding anniversary this month.

“We are very grateful for this life,” Cross said. “It’s been wonderful to us, and we look forward to serving in any capacity that we can for as long as we are able.”

25th CAB holds FARP rodeo with Marine counterparts

Story and photo by
SGT. DANIEL SCHROEDER
25th Combat Aviation Brigade Public Affairs
25th Infantry Division

WHEELER ARMY AIRFIELD — The 25th Combat Aviation Brigade, 25th Infantry Division, hosted a joint service Forward Arming and Refueling Point (FARP) Rodeo competition, here, Nov. 20.

Soldiers from the CAB, along with those with the 3rd Brigade Combat Team, 25th ID, and Marines from Marine Wing Support Detachment 24, participated in the three-day event.

“The competition is designed to increase the proficiency of our Soldiers on the ways to set up a FARP,” said Staff Sgt. Maximo Nunez, FARP non-commissioned officer in charge, Company A, 209th Avn. Support Battalion, 25th CAB.

“The event focuses on attention to detail while working quickly under stress,” Nunez explained. “By inviting 3rd Brigade and the Marines to the event, we can increase our proficiency between branches and throughout the division and become a better military force.”

Groups of Soldiers and Marines received instructions and hands-on training on the four Army FARP systems to refuel aircraft and ground equipment and trained on all of the systems for the first two days of

training.

“The (forward area refueling system) is similar to our HERS, helicopter expedient refueling system,” stated Marine Cpl. John Fazio, bulk fuel specialist, MWSD 24. “It is great that we were able to do a dry run on the setups before using it.”

Other systems used in the competition were the Heavy Expendable Mobility Tactical Truck Tanker Refueling System, the micro-FARE system and the Extended Range Fuel System.

“This was good hands-on training for my Soldiers,” said Sgt. Shawnna Saulsberry, petroleum fuel specialist, Co. A, 325th Bde. Support Battalion, 3rd BCT.

“Not only did my Soldiers get vital training on systems they have not used, they were able to work with other branches of the military,” Saulsberry added.

Instructors positioned at each station answered questions and aided the teams during the first two days.

On the third day, as the sun started shining over the horizon, the FARP Rodeo competition kicked off with an Army Physical Fitness Test. Afterwards, the teams rotated between four stations where they were given 30 minutes to set up and tear down each FARP.

“It was exciting and fun to compete against other branches,” said Fazio.



Sgt. Shawnna Saulsberry, petroleum supply specialist, 325th BSB, 3rd BCT, 25th ID, connects fuel filters on the extended range fuel system used from a CH-47 Chinook, more commonly known as the "Fat Cow," during the 25th CAB's first joint service FARP Rodeo, Nov. 18.

“Being able to do something different like this makes us more proficient and better-rounded.”

The competition was close, with the time separating first place and fifth

place fewer than 10 seconds in each event, but the team from Co. A, 209th ASB, won the rodeo with a time of 14 minutes, 41 seconds.

A future FARP Rodeo, to be hosted

by the Marines at Marine Corps Base Hawaii, is planned for next summer, with participants from the Air Force, Navy, 25th ID and 25th CAB to be in attendance.

2nd SBCT conducts motorcycle safety day

MAJ. CHEREE BROWNE
2nd Stryker Brigade Combat Team
25th Infantry Division

SCHOFIELD BARRACKS — Whether you’re on your motorcycle to take in the scenery or riding on a Sunday afternoon with friends, spending a day on your motorcycle is a great way to relax and enjoy the outdoors.

For the uninitiated or unprepared, however, participating in this activity without a proper risk assessment can be deadly.

As leaders and safety professionals, it should never be far from our minds that this time of year is historically the most risky for our Soldiers off duty.

On average, the Army loses the equivalent of a company-sized formation in off-duty accidents each year. These tragic deaths affect our combat readiness just as much as a loss occurring on duty.

Awareness and application of appropriate safety measures while involved in off-duty activities can preserve the lives of Soldiers and their family members.

As part of the Army Safety & Occupational States Health Objectives for fiscal year 2014, units within the 2nd Stryker Brigade Combat Team, 25th Infantry Division, participated in motorcycle safety training day, here, Nov. 26.

Motorcycle safety training was conducted in order to increase motorcycle rider proficiency and to educate Soldiers and leaders on measures designed to minimize preventable accidents.

Units conducted training on the application

“Engagement and vigilance are the keys to reducing on- and off-duty accidents.”

— **Billy Chestnut**
25th ID safety officer

of composite risk management, practiced defensive driving and motorcycle safety and reviewed the current 2nd SBCT policy on motorcycle requirements for Soldiers.

“Conducting motorcycle safety training is meant to help leaders and safety professionals engage their Soldiers, civilians and family members on risk and risk management,” said Billy Chestnut, 25th ID safety officer. “Engagement and vigilance are the keys to reducing on- and off-duty accidents.”

According to Sgt. 1st Class Victor Flood, safety noncommissioned officer in charge, 2nd SBCT, a good motorcycle safety program is about attitude, discipline, leadership engagement and good guidance.

“First, commanders, Soldiers and safety officers need to understand their mission as well as the task they must accomplish,” said Flood. “Second, it is important that leaders, at all levels, be involved with all operations, supervising and enforcing control measures put in place to protect Soldiers.

“Third, officers and noncommissioned officers should have or develop a five-step risk



Soldiers with 2nd SBCT, 25th ID, conduct motorcycle safety training at Wheeler Gulch to ensure all Soldiers who ride have the basic skills and knowledge needed to be safe. (Photo courtesy 2nd Stryker Brigade Combat Team, 25th Infantry Division)

management process for off-duty activities that Soldiers and families participate in,” Flood continued.

“Finally, commanders, Soldiers and safety officers need to understand or identify hazards and factors that will adversely affect the combat readiness of a unit,” Flood concluded.

Given that the holiday season often brings an increase of safety incidents, 2nd SBCT is redoubling its efforts on motorcycle accident prevention education.

“Safety is a state of mind that is constantly developing and being enforced in Soldiers over time,” said Flood. “We continue to do everything we can to educate Soldiers on the dangers of speeding, proper motorcycle personal protective equipment and maintaining rider proficiency.”

NCO: Not all on CLI promotable

CONTINUED FROM A-1

for that MOS to 39. This action allows the Army to fill its manning requirements by picking up for promotion all the Soldiers who went before a board, and then also to pick up additional Soldiers for promotion who did not go before the board.

The CLI was recently “automated,” Uribe-Huitron said. He explained the CLI policy was written so that Soldiers could be put on the CLI if they did not go before a board. But if those same Soldiers become non-promotable, for some reason, like being barred from enlistment or by failing their physical fitness test, their unit would have to notify Human Resources Command to take them off the CLI.

Many units failed to make that notification.

There was a “very substantial” number of Solders on CLI who were not actually promotable, Uribe-Huitron said.

“The most notorious reason was for not taking an APFT or for failing an APFT,” he said.

Now, he added, inclusion in CLI is automated.

As of Nov. 21, Soldiers who become ineligible for promotion for some reason are automatically taken off CLI.

“It gives us a more accurate number of who we have eligible to fill promotion requirements,” Uribe-Huitron said.

Garrison recognizes stellar employees

U.S. ARMY GARRISON-HAWAII
Public Affairs Office

SCHOFIELD BARRACKS — More than 60 distinguished employees received recognition for their performance and the impacts they have made in U.S. Army Garrison-Hawaii during the Employee Recognition Program breakfast at the Nehelani, here, Tuesday.

In the company of their co-workers, the employees received praise from USAG-HI directors, among them Dr. Robert (Bob) Stephens, director, Human Resources, who hosted the event.

Three special awards were received by Ferne Conroy, Hank Cashen and Cindy Morita, all with the Directorate of Family and Morale, Welfare and Recreation.

Conroy, who works at Army Community Service, received the Army Achievement Medal for Civilian Service. Conroy led the planning and execution of ACS’ 48th anniversary celebration, including the unveiling of historical items she found, sought and persuaded others to donate.

“I am a firm believer, that in order for the ACS staff to understand the importance of what we do, we must know the history of ACS from her inception,” Conroy explained, afterwards, “then we can truly understand how we have become the organization we are today and plan for the future. In a nutshell, creating the ACS historical wall is my way of educating the community ... to understand the evolution of ACS and her importance in supporting the military family.”

Cashen received an Individual Award of Excellence, signed by Lt. Gen. Michael Ferriter, commander, Installation Management Command, for significant accomplishments when he served as the acting director of ACS, as well as the director of the Soldier and Family Assistance Center.

Morita also received an Individual Award of Excellence, signed by Ferriter, for exemplary accomplishments while serving as the manager of the Family Advocacy Program.

“I am really proud to be a part of such a great team that serves our Soldiers and families here in Hawaii and appreciate our commitment is recognized by our Army community,” said Morita.

Other honors included certificates of achievement for 10 Directorate of Emergency Services and four FMWR employees. Three DES, four FMWR,



Ferne Conroy (left), program specialist with ACS, takes a keepsake photo with Michael Amarosa, director of FMWR, at the Employee Recognition Program breakfast. Conroy earned the award for exemplary service during ACS’ 48th birthday celebration. (Photo by Aiko Brum, U.S. Army Garrison-Hawaii Public Affairs)

one Public Affairs Office and four blue-collar Directorate of Public Works teams also received group certificates of achievement for notable duties. Three PAO employees received length of service awards, too.

“We need to continually recognize top-notch employees like these,” said Jocelyn Chang-Chuck, chief, Workforce Development; Plans, Analysis and Integration Office. “We need to show them we appreciate them; they are valuable to us.”

“I am personally honored to have hosted this event for the very best garrison employees in IMCOM,” said Stephens. “We could accomplish nothing without the daily, strenuous efforts of all our dedicated teammates through the garrison directorates. All praise goes to them.”

ERP Photos

Review or download awardee photos at www.flickr.com/photos/usaghawaii.



Hank Cashen (left), director of the Soldier and Family Assistance Center, and Cindy Morita, manager of the Family Advocacy Program, display their IMCOM certificates at the Employee Recognition Program breakfast. (Photo by Aiko Brum, U.S. Army Garrison-Hawaii Public Affairs)

PTSD: Help is available

CONTINUED FROM A-2

combat can haunt a person for a lifetime.”

Harkin further expressed that “veterans need to hear from members of the chain of command, leadership within the Veteran Administration and from their peers that seeking mental health services is important for their health, their families and is no different than seeking treatment for a physical health issue, such as chronic pain or a broken leg.”

“Some veterans experience shame and self-hate on an unconscious level. ... After all, shame, self-hate and negative self-image are not signs of soldering strength.”

— **Dr. Aphrodite Matsakis**, from his book “Back from the Front, Combat, Trauma, Love and the Family”

President George W. Bush signed the Joshua Omvig Suicide Prevention Act into law in November 2007. This law was a major step in helping reduce the shame and stigma associated with PTSD, as it intends to reduce the stigma that prevents many service members from seeking mental health help and calls for a campaign to show there is nothing wrong with seeking assistance.

Now it is time for leaders, Soldiers and families to remove the shame and take advantage of all of the great resources available to them.



USE YOUR HEAD WEAR A HELMET



New process for TSA’s ‘PreCheck’ starts Dec. 20

DEFENSE TRAVEL MANAGEMENT OFFICE
News Release

The process for participating in the Transportation Security Administration’s PreCheck program will change, Dec. 20.

PreCheck is a voluntary, expedited security screening process that allows participants to keep on their shoes, belt and light jacket and to leave laptops and 3-1-1 compliant liquids in their carry-on bags.

Under the new process, service members (including Reservists, National Guardsmen and members of the Coast Guard) will use their Department of Defense identification number as the “Known Traveler Number” when making official travel or leisure airline reservations. They



With TSA PreCheck, military personnel are expedited through the security screening process. (File photo)

will use the dedicated TSA PreCheck security lanes at any of the 100 airports that offer the program.

Members do not have to be in uniform or on official travel to participate in the program.

To participate, service members must enter their DOD ID number (found on the back of their Common Access Card) as the “Known Traveler Number” when making reservations through Defense Travel Management (DTS), through a commercial travel office or when booking leisure travel through the airline or travel websites.

When using DTS or making a reservation through a commercial travel office, service members should enter their DOD ID number in the “Known Traveler Number” field when prompted to verify their secure flight information (name, date of birth, gender).

Online

To learn how to enter a DOD ID number and update a DTS profile, go to www.defensetravel.dod.mil/Docs/How_to_Enter_Your_DoD_ID.pdf.

For more information on the program, visit www.defensetravel.dod.mil/site/news.cfm?ID=18.

To ensure the DOD ID number is included in new official travel reservations, service members should save their DOD ID number in the “Known Traveler Number” field of their DTS profile.



The Traffic Report notes Army and Hawaii Department of Transportation advisories received by press time. For an up-to-date and complete list of traffic advisories, visit www.garrison.hawaii.army.mil/info/traffic/calendar.htm.

Unless otherwise noted, all phone numbers are 808 area code.

Today

Schofield Road Closure — Lyman Road, between Hewitt and Carpenter streets, has been closed since Nov. 8 and was scheduled to reopen today. This road closure has been extended until Jan. 20th, 2014.

Wahiawa Re-striping — The state Department of Transportation (DOT) re-striping project that began Monday will be completed Friday, Dec. 20. Crews expect to be done sooner, but they will have until Dec. 20 to complete the work in case there are rain-related delays.

Kam Highway Work — The state DOT advises motorists of multiple lane closures, 8:30 a.m. to 3 p.m., weekdays, on Kamehameha Highway, in both directions, between the H-2 Freeway overpass and Olive Avenue.

Work began Monday and is anticipated to end on Friday, Dec. 20, barring any delays.

9 / Monday

Sassafras Closure — Lane closures will be implemented on Aliamanu Military Reservation’s Sassafras Drive between Halawa View Loop and Point Welcome Place, weekdays, 8 a.m.-5 p.m., from today through Dec. 13, for required roadway repaving work.

10 / Tuesday

AMR Lane Closure — The right lane at Rim Loop and Aliamanu Drive intersection will be closed 9 a.m. to 3 p.m. for potholing to identify the underground utility location. The project will continue to Dec. 20.

Ongoing

Go Akamai — Commuters can now check real-time traffic data at GoAkamai.org, courtesy of the Hawaii State Department of Transportation and the City and County of Honolulu, Department of Transportation Services.

GoAkamai.org is a one-stop website that provides real-time traffic data, enabling travelers to make better decisions when planning their commutes. Travelers are encouraged to check GoAkamai.org before leaving work or home.

Freeway Service Patrol — This service operates on Hawaii’s freeways and is sponsored by the State Department of Transportation, the Honolulu Police and Fire departments, and Emergency Medical Services. Call 841-4357.



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

9 / Monday

Paws Pause — Fort Shafter Veterinary Clinic will close for renovation and re-opens in September 2014. Clients may schedule appointments for their pets at the Joint Base Pearl Harbor-Hickam Veterinary clinic, Building 1864, Kuntz Ave., Hickam Air Force Base (449-6481) or the Marine Corps Base Hawaii Veterinary Clinic, 455 Pancoast Pl., Kaneohe Bay (257-3643).

19 / Thursday

MCF Tour — The new U.S.Army-Pacific Mission Command Facility construction site will be open, 10 a.m., for touring by Fort Shafter residents. To see the facility’s progress, call 438-2662.

January 1 / Sunday

Veterans COLA Increase — Veterans, their families and survivors receiving disability compensation and pension benefits from the Department of Veterans Affairs will receive a 1.5 percent cost of living allowance increase in their monthly payments beginning Jan. 1, 2014.

The COLA increase also applies to disability and death pension recipients, survivors receiving dependency and indemnity compensation, and disabled veterans receiving automobile and clothing allowances, and other benefits. For the full rates, visit www.benefits.va.gov/compensation/rates-index.asp.

FY14 Tuition — The Army’s FY14 Tuition Assistance (TA) program changes today. The new policy will allow Soldiers to use TA after successful completion of their first year of service after graduating from either AIT, OCS or BOLC.

Soldiers are eligible for up to 16 semester hours per year and they can use TA for a second, higher-level post-bachelor’s degree after completion of 10 years of service.

The Army will honor TA requests for payment for Soldiers with approved TA requests by Dec. 31 whose eligibility for TA will be affected by these policy changes. However, no further TA-funded enrollments will be authorized until they meet the new eligibility requirements.

For details, call the Education Services Officer at 655-4444.

16 / Thursday

MLK Breakfast — The U.S. Army-Pacific Equal Opportunity Office will host a Martin Luther King Jr. birthday special observance, 11 a.m., at Schofield Barracks’ Sgt. Smith Theater. The guest speaker is Gen. Vincent Brooks, commander, USARPAC.

In honor of this year’s observance, EO seeks organizations to set up information booths about volunteer opportunities for Soldiers, civilians and family members. Call 438-3593.

Ongoing

ARSOF Recruiting — Interested in Army Special Operations Force (ARSOF)? Attend unclassified briefings on the mission, make-up and requirements of the ARSOF assessment, selection and qualification courses. Call 655-4397.

Soldiers, families enjoy Thanksgiving at 8th TSC DFAC

Story and photo by
SPC. ERIN SHERWOOD
45th Sustainment Brigade Public Affairs
8th Theater Sust. Command

SCHOFIELD BARRACKS — Thanks and turkey were plentiful at the 8th Theater Sustainment Command dining facility, here, Nov. 28.

First sergeants and captains alike throughout the U.S. Army-Pacific Command served Soldiers and their families during the feast, keeping in line with the tradition of leadership serving their enlisted Soldiers during the Thanksgiving holiday.

“I want to give back to my troops during the holiday season, and this was a great opportunity for me to interact with my Soldiers and show them I care,” said Capt. Benjamin Howard, 8th Military Police Brigade, 8th TSC, who worked on the dessert line during the event.

The servers of the day had a lot to accomplish during their hourlong shifts, as hungry patrons couldn’t wait to create an original plate of their



The leadership of the 8th TSC serve Soldiers and their families the Thanksgiving feast at the 8th MP Bde. Quad K dining facility. Officers and senior NCOs throughout USARPAC served the meal, keeping in line with the tradition of leaders serving their enlisted Soldiers on major holidays.

favorite foods.

More than 500 Soldiers and family members passed through the DFAC for two solid hours; yet, those working the food lines were gratified to see their hard work and long nights of preparation for the event come to fruition.

“Seeing everybody come in with their families and enjoy the food really made all the preparation we put into the event worth it,” said Pvt. Antoinette

Brown, a food service specialist from the 45th Sust. Brigade, 8th TSC.

In addition to the traditional Thanksgiving fare — such as heaping platters of roast turkey, steak and vegetables — food service Soldiers also displayed their culinary arts throughout the dining facility. Specialties included gingerbread houses, ice sculptures and various cakes shaped as books, the American flag and unit patches.

Maj. Gen. Steven Lyons, commander, 8th TSC, presented awards to the Soldiers whose work placed in the annual Army Culinary Arts Competition.

“I am thankful for all the Soldiers who worked hard to prepare this meal for the Soldiers and their families,” said Maj. Florio Pierre, chaplain for the 45th Sust. Bde., who attended the event with his own family. “It was a great chance to partake in a delicious meal and spend quality time with good friends.”

Everyone left with satisfied faces and happy grins.

311th Signal Command shares food with Chinatown mission

Story and photo by
LIANA KIM
311th Signal Command (Theater) Public Affairs

HONOLULU — Two Soldiers assigned to Headquarters and Headquarters Company, 311th Signal Command (Theater), received a tour and heartfelt thanks from the manager of a local rescue mission in Chinatown, here, Monday.

Newly promoted Sgt. Diego Gonzalez and Spc. Ashley Banks-Hester were selected as outstanding Soldiers by their supervisors to visit the mission on behalf of HHC to receive thanks for a donation of prepared food from the unit’s Thanksgiving meal at the 1st Lt. Jonathan Brostrom Community Center on Fort Shafter, Nov. 21.

“We serve about 15,000 meals every month and are usually even busier during the holiday season,” said Shevy Gardner, manager of the River of Life Mission.

“Every little bit helps,” Gardner said. “We so appreciate the food your Soldiers and families gave for our Thanksgiving meal.”

Gardner showed the Soldiers around the

Get Involved

River of Life Mission welcomes volunteers to help hang donated clothing or serve afternoon meals, from 12:30-3 p.m., Mondays, Tuesdays, Thursdays and Fridays.

For more information about the mission and ways to help out, contact the mission’s volunteer coordinator, at 524-7656, ext. 6061.

facility at 101 Pauahi St., which includes a dining room, kitchen and meal preparation area, male and female shower rooms, and storage rooms where donated clothing is folded or hung by volunteers and distributed to visitors in need.

Gardner said many of those who visit the mission are military veterans.

When the HHC leadership team decided to donate the extra food from their family meal to help the homeless, the River of Life shelter was one of the only missions on the island that could accept prepared food, as they are not subsidized



Sgt. Diego Gonzalez and Spc. Ashley Banks-Hester, both of HHC, 311th SC (T), visit Shevy Gardner, manager of River of Life Mission, at the shelter in Chinatown, Monday. Gardner thanked the Soldiers for the unit’s recent donation of prepared food for Thanksgiving.

by government funding. Gardner said the reason is because of the mission’s goal to remain a faith-based organization.

“It’s humbling to realize so many in need are veterans,” said Gonzalez, HHC. “It makes me

realize that myself or any of my peers could someday find ourselves in a similar situation. It also makes me realize that even if I can’t afford to donate money, time is valuable, and to share some of it is a way to help and means a lot.”

Army takes the field



Gen. Vincent Brooks (center), commander, U.S. Army-Pacific, along with other military and civilian dignitaries, honor military spouses prior to the Army vs. University of Hawaii football game, won by Hawaii, 49-42, at Aloha Stadium, Saturday. (Photo by U.S. Navy Petty Officer 1st Class Cynthia Clark)

Soldiers, spouses honored at Hawaii-West Point game

Army community recognized

STAFF SGT. GAELLEN LOWERS

8th Theater Sustainment Command Public Affairs

AIEA — U.S. Army Pacific Command Soldiers and an Army spouse were honored as part of an annual military appreciation night at Aloha Stadium, Saturday.

The ceremony took place when the University of Hawaii's Rainbow Warriors football team hosted West Point's Army Black Knights.

Before the game, spouses from each service, including Erika Gronenthal, an Army spouse whose husband is currently deployed with the 130th Engineer Brigade, 8th Theater Sustainment Command, were honored with the Honolulu Navy League's Key Spouse Award for their commitment to their units and the community.

Also, Gen. Vincent K. Brooks, commanding general of U.S. Army Pacific, participated in the coin toss, plus several other events throughout the day.

At halftime, wounded warriors, 8th TSC and 25th Infantry Division Soldiers were honored, and several 25th ID Soldiers were promoted in front of thousands of fans.

"It was an honor to represent the Army today," said Sgt. 1st Class Lance Preston, an intelligence analyst for the 25th Combat Aviation Brigade, who was standing in formation

during the ceremony. "We don't do what we do for the recognition, but it's nice to share a night to honor a few of our best with the com-

See **GAME**, B-4



University of Hawaii third-year Cadet Rachel Kim sings the "National Anthem" before the Army-Hawaii game, Saturday. (Photo by U.S. Navy Petty Officer 1st Class Cynthia Clark)



Gen. Vincent Brooks (right), commander, U.S. Army-Pacific, shakes the hand of Capt. Edward "Flip" Klein, one of the wounded warriors honored during the annual Military Appreciation Night held at Aloha Stadium, Saturday. The University of Hawaii Rainbow Warriors football team hosted the Army Black Knights in a football match-up. (Photo by Staff Sgt. Gaelen Lowers, 8th Theater Sustainment Command Public Affairs)

'Greatest Generation' returns for Dec. 7 remembrances

Story and photo by
STAFF SGT. WILLIAM SALLETT
25th Infantry Division Public Affairs

FORT SHAFTER — Twelve returning veterans of the attack on Pearl Harbor began a weeklong tour of bases and historical sites on Oahu with The Greatest Generation Foundation (TGGF), here, Tuesday.

The Greatest Generation Foundation is a nonprofit international organization dedicated to promoting recognition and respect for war veterans of past and current conflicts while enhancing historical education for today's youth and tomorrow's leaders.

"Over the next three years, the majority of Pearl Harbor survivors will be gone, and it will be up to today's generation to perpetuate the legacy of those who experienced Pearl Harbor," said Timothy Davis, president of TGGF.

TGGF determined that veterans would benefit greatly from the opportunity to return to a foreign battlefield to find some measure of closure and identified the need to provide financial assistance to veterans to make these journeys, as well as program organization and guiding.

"As a public charitable organization, we feel it is an obligation to provide these aging vets one last opportunity to say thank you to their fallen brothers who made the ultimate sacrifice," said Davis.

The veterans will tour Fort Shafter, Tripler Army Medical Center, Schofield Barracks, Wheeler Army Airfield and Marine Corps Base Hawaii. They will also attend the official 72nd annual Pearl Harbor Commemoration at the World War II Valor in the Pacific National Monument.

Along with tours of the historic sites at many of the U.S. bases on the island, TGGF has been invited to tour the USS Nimitz aircraft carrier, too.

The USS Nimitz is a nuclear-powered multi-mission aircraft super carrier based out of Puget Sound Naval Shipyard in Bremerton, Wash., and is currently underway for its 2013 Western Pacific deployment.

TGGF works to ensure that the honor and sacrifice of these veterans is never forgotten. The value of their deeds is never allowed to disappear.

(Editor's note: See the Dec. 13 edition for more about TGGF.)



Veterans of the attack on Pearl Harbor and members of The Greatest Generation Foundation (TGGF) listen to the history of Fort Shafter during a tour of the installation, Tuesday. Pictured (from left) are Michael Ganitch, Payton Smith, Clarence Byal and Victor Miranda. TGGF is a nonprofit international organization dedicated to promoting recognition and respect for war veterans of past and current conflicts.



Briefs

Today

Aloha Friday Barbecue — The SB Leilehua grill offers a Friday barbecue lunch special, beginning at 11 a.m., until sold out. Menu items include smoked brisket ribs, pulled pork, barbecue chicken, pork chops, baked beans, cole slaw, potato salad and cornbread. Items cost \$8-\$10. Call 655-7131.

7 / Saturday

AMR Winter Wonderland — Start your day having breakfast with Santa, 8 a.m., at the AMR gym and community center. A free Winter Wonderland event follows at 9 a.m.-2 p.m., with free play in snow (courtesy of Hui ‘O Wahine), kids’ activities, bouncers and pictures with Santa. Fee charged for food items and paint-and-take ceramic ornaments. Visit Santa, Mrs. Claus and their friendly elves, Frosty the Snowman, Penguin and more. Write a letter to Santa, and you will receive an answer from the North Pole. Call 655-0002.

Ladies Golf Clinic — Ladies can experience a free 30-minute golf lesson at Leilehua Golf Course from PGA professionals. By appointment only, call 655-4653.

8 / Sunday

NFL Sundays — SB Tropics Warrior Zone offers all the NFL games. Facility opens half-hour before the first game starts. Tropics also will feature Monday and Thursday night NFL games. Patrons 18 and older are welcome. Call 655-5698.

Kolekole Sunday Football — Doors open 30 minutes before kickoff of first game. Breakfast tailgate buffet costs \$5 until noon; pupu and crowd pleasers start at 11 a.m. Games and prizes are offered throughout the morning. Are you SB Kolekole’s hardest working fan? Punch in every time you watch football at Kolekole, and get a chance to win a 32-inch TV at the Super Bowl party. The fan with the most clocked hours by Jan. 30, 2014, wins. Call 655-4466.

SKIES Winter Recital — The SKIES Dance Program, Hula and The-

SCHOFIELD HOLIDAY TIME



SCHOFIELD BARRACKS — Siblings Bella (4), Zoe (15) and Sam (6), children of Lt. Col. Spence Wieman, 8th Human Resources Sustainment Center, 8th Special Troops Battalion, 8th Theater Sust. Command, and wife Beth, sit for a photo with Santa and Mrs. Claus during the Directorate of Family and Morale, Welfare and Recreation’s annual Tree Lighting Ceremony, here, Tuesday. (Photo by Tashika Scott-Dixon, Directorate of Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii)



Sgt. Joel Tyler, 25th Infantry Division Band, sings “America the Beautiful” during the annual Tree Lighting and Holiday Concert, Tuesday. The 25th ID Band played several holiday favorites during the concert, which featured appearances from Santa Claus, Mrs. Claus and the Grinch, all culminating with the lighting of the 80-foot Norfolk pine Christmas tree. (Photo courtesy 25th Infantry Division)

atre will perform Disney’s “101 Dalmatians,” 6 p.m., KROC Center of Hawaii.

9 / Monday

Bowl Special — Schofield Bowl offers “Monday Dollar Days,” with a

\$1 game of bowling, shoes, nachos and hot dogs, 9 a.m.-10 p.m., Mondays, except holidays, through Dec. 30. Call 655-0573.

Workweek Lunch — SB

Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974) offer daily lunch, 11 a.m.-1 p.m. Enjoy

See FMWR Briefs, B-7

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Shoe Donation — The ladies of Sigma Gamma Rho Sorority’s Lambda Mu Sigma Alumnae Chapter ask all who are able to donate barely used or new children’s shoes to its “Soles for Little Souls” shoe drive, Friday and Saturday. Donation boxes are located at the following chapels: AMR, DeRussey, HMR, Schofield and Wheeler.

“Elf” — Diamond Head Theatre presents the tale of Buddy, who mistakenly believes he’s an elf, beginning at 8 p.m., Dec. 6; performances are Thursday-Sunday, through Dec. 28. Purchase tickets by phone, 733-0274, or online at www.diamondheadtheatre.com



7 / Saturday

Dec. 7th — The Pacific National Monument USS Arizona ceremony is at 7:45 a.m., Pearl Harbor Visitor Center. Free admission. Attendees

should arrive at World War II Valor in the Pacific National Monument by 6:30 a.m., at the latest. This year’s keynote is Secretary Max Cleland of the American Battle Monuments Commission.

Parking is available at the World War II National Monument/Arizona Memorial or at Richardson Field, near Aloha Stadium, with free shuttles to Pearl Harbor. Visit www.PacificHistoricParks.org.

Honolulu City Lights — Free family event begins with Electric Light Parade, 6 p.m., downtown on King Street. Mayor Caldwell lights 65-foot tree, 6:30 p.m., Frank F. Fasi Civic Center, followed by a holiday concert at Sky Gate, 7:30-10 p.m.

Hawaii Symphony — Active duty military personnel can purchase \$20 tickets for the 2013 Hawaii Symphony Orchestra fall concerts, including “Bella Flack” performances, 8 p.m., Dec. 7, and 4 p.m., Dec. 8, at the Blaisdell Concert Hall. Tickets must be purchased at the Blaisdell box office. Two discount tickets may be purchased the week of the performance, per military ID.

8 / Sunday

Ewa Battlefield Commemoration Ceremony — Soldiers, Marines, naval air crews killed and wounded on and around Ewa Field

on Dec. 7, 1941, will be honored, 9 a.m., Dec. 8, 2013, at Ewa Field. Email ewafield@gmail.com.

9 / Monday

Military Mondays — Military members and their families receive 15 percent off qualified purchases at more than 50 participating merchants at Windward Mall. The program is open to all active duty, retired military and qualified military family members with a valid ID.

10 / Tuesday

Family Night Programs — AMR and SB chapels invite the public to family night programs. The weekly event features dinner, classes and activities for children ages 4 through high school and adults. A nursery service, staffed by CYSS, is provided for children ages 6 months-4 years who are registered with CYSS or CDC. Weekly schedule follows: •AMR Chapel Family Spiritual Resiliency Night, Tuesdays, 5:30-7:30 p.m. •SB Chapel Family Spiritual Resiliency Night, Wednesdays, 5:30-7:30 p.m. Call 833-8175 (SB) or 839-4319 (AMR).

12 / Thursday

Hawaiian Culture — IPC offers Hawaiian culture classes and activi-

ties, 4 p.m., every second Thursday of the month at Porter Community Center, 1301 McCormack Rd., SB. Free to IPC residents. Call 275-3159 or email events@ipchawaii.com.

Ongoing

DeCA Scholarships — Applications for the 2014 Scholarships for Military Children Program are available at commissaries or online at www.militaryscholar.org. Applications must be turned in to a commissary by close of business Feb. 28, 2014. Packages must be hand-delivered or shipped via U.S. Postal Service or other delivery methods, not emailed or faxed.

Jewish Services — Weekly worship services are now held at 7:30 p.m., Fridays, at Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam. No Saturday morning services or Monday Bible studies are offered at JBP HH.

Service members interested in Jewish Bible study or keiki Hebrew School (Sunday School) may call 348-4560 or visit www.chabadofhawaii.com. Saturday services are available at the Ala Moana Hotel. Call 735-8161.

Pearlridge Farmers’ Market — Browse more than 40 booths featuring Oahu produce and locally inspired artisan foods, 8 a.m.-noon, every Saturday, Pearlridge Center Downtown, in the Sears parking lot.

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

- Sunday Services
 - 8:45 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 10:45 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
 - Sunday, 9 a.m. at WAAF

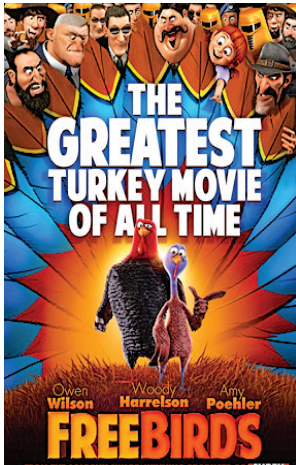
This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



Jackass Presents: Bad Grandpa

(R)
Fri., Dec. 6, 7 p.m.
Sat., Dec. 7, 9 p.m.
Sun., Dec. 8, 6 p.m.
Thurs., Dec. 12, 7 p.m.



Free Birds

(PG)
Sat., Dec. 7, 2 p.m.
Sun., Dec. 8, 2 p.m. (3D)

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield

94th AAMDC holds first ‘Turkey Bowl’ football game

Story and photo by
SGT. LOUIS LAMAR
94th Army Air and Missile Defense Command
Public Affairs

ALIAMANU MILITARY RESERVATION — There weren’t any fancy Super Bowl ads, but for the officers and noncommissioned officers of the 94th Army Air and Missile Defense Command, the Turkey Bowl on Nov. 27 was the football game of the year.

Bragging rights for the year were at stake for both enlisted and officers as they battled it out to claim the title as the 94th AAMDC Turkey Bowl champions.

The enlisted brought their “A Game,” quickly scoring the first touchdown of the game.

“It was easy; it only took us about 15 seconds to score,” said Staff Sgt. Kenneth Kirby, member of the enlisted team and 94th AAMDC property book NCO in charge.

However, the officers proved they were a force to be reckoned with when they scored an amazing touchdown minutes before half-time, ending the first half of the game with a close score, 8-5, with the enlisted still in the lead.

“It’s all about strategy and the way you play the game. We have a secret weapon that we are waiting to use,” said Lt. Col Bull Bovee, member of the officer’s team and 94th AAMDC inspector general.

In a grueling gridiron battle, the enlisted defeated the officers, winning 17-14 and obtain-

ing bragging rights for the next year as Turkey Bowl champs. Despite a loss, both teams gave a vigorous show of strength, speed and endurance throughout the game.

“94th was excited about coming out and building unit cohesion through competitive sprit through the fields of friendly strife,” said Capt. Peter Bier, team coordinator and 94th AAMDC Headquarters and Headquarters Battery commander.

Coming together and working together is what really set the enlisted apart from the officers.

“We had some underrated players who showed up and played really, really well,” said Spc. Willie Merrill, enlisted team quarterback and 94th AAMDC generator mechanic. “There was no one player. It was a collective effort, and we pulled off the win.”

The Turkey Bowl is the ultimate football game that began in 2013 with the 94th AAMDC. It’s traditionally played the week of Thanksgiving. Each team is allowed up to 15 players, all of whom must be assigned or attached to the unit. Additionally, each team must have a female player on the field at all times.

“It was a lot of fun,” said 1st Sgt. Joseph Collins, 94th AAMDC Headquarters and Headquarters Battery first sergeant.

Football in any form is always an enjoyable event, and it really confirms that the holiday seasons are approaching.



A Soldier with the 94th Army Air and Missile Defense Command weaves through the defense in preparation to throw a pass during the unit’s Turkey Bowl flag football game, Nov. 27.



Members of every service in the U.S. Armed Forces stand proudly in front of thousands of fans as they are honored as part of Military Appreciation Night at the University of Hawaii Rainbow Warriors football game with the Army Black Knights at Aloha Stadium, Saturday. (Photo by Staff Sgt. Gaelen Lowers, 8th Theater Sustainment Command Public Affairs)

GAME: All get inspired

CONTINUED FROM B-1

munity we serve.”

Spc. Sean Smith, with Headquarters and Headquarters Company, 8th Special Troops Battalion, 8th TSC orderly room, also in formation, shared Preston’s sentiments.

“I was happy to be a part of a positive image for the Army and the rest of our armed forces,” said Smith.

Although the Army Black Knights didn’t come out on top at the game’s end — they fell to UH, 49-42 — the night was a victory for service members everywhere.

“This was a great night,” said Smith. “Anytime we can be an encouraging voice in our community, it’s a win.”

Area educators, Army gather to recognize achievements

The occasion focuses on military support

BYRON NAGASAKO
School Liaison Office
Child, Youth and School Services
Directorate of Family and Morale
Welfare and Recreation
U.S. Army Garrison-Hawaii

WAHIAWA — How do you show your appreciation to the Army for its contributions to the public schools in the Leilehua Complex? Recently, the complex area superintendent and Leilehua Complex principals opened their arms to the Army in a “meet and greet” session.

Highlighting this occasion was the recognition of military units by each of the complex schools’ principals, as each one shared their thoughts about the ongoing School Partnership Program (SPP).

“I am honored to be here, and I am no stranger to Hawaii,” said Brig. Gen. Todd McCaffrey, deputy commander, Support, 25th Infantry Division. “This is my third tour here, and two of my children, Michael and Sara, attended Leilehua High School. As parents, we couldn’t be more pleased with the Hawaii education system.

“And, regarding the SPP,” McCaffrey added, “this is a great time to strengthen our partnership with the schools since many of the Soldiers enjoy volunteering and working with the students.”

Principal Sally Omalza of Solomon Elementary School used the opportunity to applaud her school’s military education partnership.

“We have a special relationship with our military partner, the 3BSTB (3rd Brigade Special Troops Battalion), and their POC (point of contact), Lt. Amanda Robinson,” said Omalza.

“Projects with the units have included tutoring, reading, physical fitness, anti-bullying workshops, campus beautification and participating in special events.” Omalza explained. She continued, “I am a



Brig. Gen. Todd McCaffrey (left), deputy commander, Support, 25th ID, speaks with Hale Kula Elementary School principal Jan Iwase during a "meet and greet" session at Leilehua High School, recently. About 50 Army-connected personnel and state DOE staff members gathered for the session, which celebrated the ongoing School Partnership Program. (Photo courtesy School Liaison Office)

proud graduate of Leilehua High School and also attended Hale Kula Elementary School. I am honored to be back at Schofield Barracks as an adult and serving our military community as one of the school principals.”

Complex Area Superintendent Dr. John Brummel also shared success stories.

“Let me proudly inform you of the recent accomplishments of Leilehua High School. They have won the CyberPatriot National Championship for two years in a row, and that is unheard of nationally,” said Brummel.

“LHS has also won the Oahu District Championship for the STEM (science, technology, engineering and mathematics) competition, captured the Robotics State Championship, and has been recognized for their art, agriculture and family and

consumer science programs statewide and nationally,” he said.

The gathering revealed additional multigenerational ties between education leaders and the Army.

Principal Aloha Coleman of Leilehua High School is also quite familiar with the Army. Her youngest son served for many years as a Soldier and has been deployed to Afghanistan and Iraq. Coleman was the host for this event and showcased the talents of the Culinary Arts Department with its preparations, serving and food.

Student ambassadors provided a tour of the school’s transition center and time for students to share their vision and mission for the nearly 50 Army-connected personnel and Department of Education staff who attended this session.



Hale Kula Elementary to mark ‘Hour of Code’

HAWAII STATE DEPARTMENT OF EDUCATION
News Release

SCHOFIELD BARRACKS — A commitment towards introducing computer programming to students has garnered a financial award for Hale Kula Elementary School, here.

The central district school is the only school in the state that will receive a \$10,000 technology donation from code.org, during Computer Science Week, Dec. 9-15.

Code.org is the organization behind a global event designed to boost public awareness about the industry of computer programming and coding. The so-called “Hour of Code” encourages people around the world to engage in computer programming events and activities.

The Hour of Code global event is being held in 163 countries with more than 3 million students participating. Coding has been identified as a 21st century skill coveted by all industries.

“We want to be sure ... that our students receive the knowledge, skills and strategies to help them succeed in this technological world,” said Jan Iwase, principal, Hale Kula Elementary. “This award will help us in ensuring that our students are exposed to the world of computer programming.”

Governor Neil Abercrombie and

Hawaii Department of Education Superintendent Kathryn Matayoshi will participate in Hale Kula’s Hour of Code, Dec. 13, which will include the presentation of the \$10,000 check by code.org and a brief session on computer programming with Hale Kula students.

As part of the school’s commitment, all of its teachers and its student body have signed up to participate in learning to code.

About 99 percent of Hale Kula’s 900 student enrollment are military dependents. The school is in its third and final year of a grant from the Department of Defense Educational Activity to implement a one-to-one blended learning pilot program for fourth- and fifth-grade students, where they virtually access their curriculum for half of the school week.

Computer programming jobs are growing three times faster than the rate that students are entering the field. While computer coding is not taught in most U.S. schools, other countries are offering computer programming and/or coding in their schools.

Online
Learn more about the donation and the Hour of Code at code.org.



7 / Saturday

Honolulu City Lights — Free family event begins with Electric Light Parade, 6 p.m., downtown on King Street. Mayor Caldwell lights 65-foot tree, 6:30 p.m., at Frank F. Fasi Civic Center, followed by a holiday concert at Sky Gate, 7:30-10 p.m.

Santa at Ala Moana — Photos with Santa, 10 a.m.-9 p.m. Mondays through Saturdays, 10 a.m.-6 p.m. Sundays, through Dec. 24, near Centerstage. Packages start at \$22.99.

Santa at Pearlridge Center —

Holiday Parades
Today, Wahiawa Town Parade — from 6:30-8:30 p.m., Dec. 6, Kaala Elementary School to Center Street.
Dec. 7, Gentry Waipio Parade — 10-11:30 a.m., begins Gentry Waipio Shopping Center.
Dec. 13, Haleiwa — 6-8 p.m., Weed Circle to Haleiwa Beach

Honolulu City Lights Trolley Tours — Tour the Honolulu City Lights display nightly; first tour departs at 6:30 p.m., through Dec. 30 (except Dec. 24-25), from Ward Warehouse. Cost \$6; free to children 3 and under. Proceeds go to the Hawaii Foodbank. Visit www.wardcenters.com for ticket information.

West Oahu Tree Lighting & Block Party — Kapolei entertainment, keiki games, treats and a visit by Santa Claus begins at 7:30 p.m., following the 6 p.m. parade.

8 / Sunday
Easter Seals' Gingerbread Family Festival — Seatings at 9:30 a.m. and 12:30 p.m. at Blaisdell Exhibition Hall, 777 Ward Ave., Honolulu. Decorate your own creation while enjoying live entertainment, craft booths and photos with Santa. Cost

is \$40 for one gingerbread house kit. To register call 948-4000 or visit www.gingerbreadhawaii.com.

Oahu Choral Society's "Welcome Yule" — Features Honolulu Symphony Chorus, 5:30 p.m., St. Andrews Cathedral. Tickets \$30; free for keiki under 10. Call 392-0382 or visit www.oahuchoral.org.

13/ Friday
A Touch of Christmas — Salvation Army Kroc Center Hawaii, 91-3257 Kualakai Parkway. Free event includes decorating gingerbread houses, ornament projects, live Nativity and more. Visit www.kroccenterhawaii.org.

14 / Saturday
Kapolei Christmas Craft Fair — Prince Kuhio Community Center hosts, 9 a.m.-3 p.m., more than 60 booths, music, halau performances and giveaways at 91-1270 Kionoiki St.



HONOLULU — The Hawaii State Ballet Junior Company, under the direction of John Landovsky, presents the holiday classic "The Nutcracker" at the Mamiya Theatre, St. Louis School, Dec. 14-15 and Dec. 20-22. Military discounts are offered for the Dec. 20 performance. Visit hawaiistateballet.com. (Photo by Peter Yee)

The 12 takes of Christmas is one family’s reality

“C’mon everybody!” I bellowed from our living room. “Let’s get this over with!”

“Kids! Honey!” I yelled from behind my camera, which was precariously perched on top of an Anthony’s Seafood matchbook, two beer coasters, three “National Geographic” magazines, “Roget’s Thesaurus” and our coffee table at the precise trajectory needed to capture a centered image of our family of five and the dog in front of the fireplace.

Knowing that the tiniest slip of the hand (or the dog’s tail) might ruin my painstakingly calibrated line of sight, I was reluctant to abandon my post. But when no one responded to my wails, I marched off to find them.

Twenty minutes later, I had managed to drag the resistant members of my family into the living room. My husband was miffed that I forced him to abandon a particularly riveting rerun of “House Hunters.” My son was annoyed that he had to pause Dragon Warrior VII just as he was about to master Ranger class. My daughter couldn’t fathom what was so important that she had to stop texting the cute boy



THE
MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

from her chemistry class. My youngest was pouting about being torn away from her latest Snapchat creation.

They were all sporting major attitudes, but it was now or never.

“Listen! I don’t like this anymore than you do, but our family and friends have come to expect a Molinari family photo Christmas card every year, so backs straight! Stomachs tight! And get happy!”

My moping gaggle huddled together on the fireplace hearth, in shared irritation over being forced to pose for a family photo.

“Leave a spot for me on the left and get ready!” I ordered from behind my camera.

I gingerly jabbed the camera’s timer button, careful not to knock the lens from its matchbook coaster tripod, then I leapt like an aging, overweight gazelle across our faux Oriental rug

and into my designated position.

“Mom, the camera’s blinking.”

“Honey, when do you want us to smile?”

“Are you sure you pressed the button, Mom?”

“I don’t know!” I screeched through my grinning clenched teeth. “Just keep smiling!”

“But, isn’t it supposed to flash?”

It took two more takes before we realized that the camera flashed after a prescribed series of slow and fast blinks. My son sneezed in the middle of take number four. The phone rang during take number five. I blinked in take number six. We all got the giggles in take number seven, when my husband belched up a pungent odor reminiscent of aged salami.

We finally realized that we forgot to include the dog, and it took two takes, three pieces of cheese and a tennis ball before he would agree to sit.

Somewhere along the way, I inadvertently nudged the June 2009 issue of “National Geographic,” and it took me 20 minutes and three more ruined takes to get the family centered in the viewfinder again.

On take number 13, we were so desperate to end our torturous holiday photo odyssey, we all agreed to cooperate to take one final, flawless shot.

With my last ounce of patience, I tapped the button with catlike precision and pounced into position, tipping my jaw forward to hide my double chin. The kids replaced their rebelliously fake grins with genuine sparkling smiles. My husband leaned behind me to hide his now sweat-stained armpit and mustered a charming pose.

The dog sat in perfect obedience, his ears handsomely perked.

Like the townspeople of Bethlehem, we looked for the bright light that would finally bring us salvation.

“Why didn’t it flash?” my husband whispered.

After another minute, our daughter extracted herself from our frozen pose to check the camera.

Peering at the digital display, she read aloud, ““Change battery pack.””

Realizing that a flawless family photo was never going to happen, we decided that one of the 12 takes would have to do, because reality is as perfect as a family gets.

(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)

Mood hormones trigger holiday snacks cravings

Choosing healthier snack options is one way to control weight increases

CAPT. CANDICE HEBERT
U.S. Army Public Health Command

ABERDEEN PROVING GROUNDS, Md. — “I have a deadline to meet. I am working long hours and feel overwhelmed, so I usually eat something sweet to cope with the stress.”

“My wife and I are having problems in our marriage. I stay up late and eat, usually pizza. It helps me cope with the anxious feelings.”

“I’ve been feeling lonely lately, so I sit in front of the TV with potato chips or some other type of junk food to help with the sadness.”

”When I am feeling depressed, I am constantly hungry.”

At one time or another, most of us have turned to food to cure our emotional troubles or make ourselves feel better, like the statements above. In essence, we are feeding our emotions. However, problems arise when eating becomes the only approach we use to manage emotions, especially if the foods we choose to eat are unhealthy or the amounts are excessive.



Choosing healthier snack options when available is one way to help control weight. Be sure to read labels to be aware of calories and other ingredients. (Photo by Patricia Deal, Carl R. Darnall Army Medical Center Public Affairs)

- Instead of searching for something to eat, do an enjoyable non-food related activity. Go outside, take a walk or talk to a friend, family member or coworker.
- If you find that your emotional eating is out of control, enlist the help of a qualified professional, such as a registered dietitian and/or a behavioral health specialist (such as a social worker, therapist or psychologist).
- Keep in mind that it is OK to eat the foods you enjoy in moderation. If you find that you absolutely have to have a favorite food, like chocolate, take the time to enjoy it.
- Engage the food with all your senses — touch it, smell it, chew it slowly and savor the taste. You will find that you are more fulfilled with a small amount versus the whole package.
- In addition, develop the habit of reaching for healthy serotonin-boosting snacks, such as nuts, fruits and vegetables.

Summing up
Understanding what we eat and how our mood relates to our behavior are important ways to help improve our mood. A well-balanced diet and engaging in healthy activities can keep us feeling great more often.
(Editor’s note: Hebert is a psychologist at USAPHC.)

The connection between serotonin and food
What is the connection between food and mood? A neurotransmitter, a mood hormone, called serotonin.

When serotonin levels are low, we feel sad, and when elevated, we feel happy.

Serotonin is known to be in many antidepressants, such as Prozac and Zoloft. However, what most people don’t know is that the majority of our serotonin cells are in our digestive systems, not our brains. Thus, diet plays a big role in our serotonin levels.

Carbohydrate-rich foods have a big effect on our serotonin levels. When we are sad or upset (low serotonin levels), we crave foods high in carbohydrate to feel better. It makes sense then, why people who are feeling down eat more junk food. In addition, the connection between serotonin and food is noticeable in the depressive feelings experienced after several weeks of a high protein, low carbohydrate diet.

The effect of dieting and low carbohydrate intake decreases our serotonin levels and causes us to feel down. This feeling, in turn, may lead dieters to crave carbohydrate-rich foods to improve their mood, which usually results in overeating and contributes to regaining weight.

If you are experiencing persistent depressed mood for more than two weeks, see a health care provider.

The behavior connection
When you form the habit of feeding an emotion, you put off learning skills to manage your emotions. Here are some tips to help break the habit of feeding your emotions:

- Identify your triggers for emotional eating.
- Take notice of when you feel stressed, overwhelmed, lonely, sad or anxious.



Briefs

CONTINUED FROM B-2

buffet-style or menu items.

Mongolian Barbecue
— Select your favorites from a large variety of meats and vegetables, 5 p.m., every Monday at SB Kolekole Bar & Grill, and grilling will be to your liking. Cost is 65 cents for each ounce. Call 655-4466.

Christmas Lights Trolley Tour — Leisure Travel Services is selling tickets for Honolulu City Christmas Light Trolley Tours, 6 p.m., Dec. 9 and 17. The 90-minute tour departs from FS; cost is \$13, with limited seating available.

10 / Tuesday
Taco Tuesday Night — SB Kolekole Bar & Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.

11 / Wednesday
Christmas Stocking Make & Take — Sgt. Yano and Fort Shafter libraries invite children of all ages to make and decorate a Christmas stocking (some parental assistance may be required), 3-4 p.m. Call 655-8002 (SB) or 438-9521 (FS).

Clay Hand Building Workshop — Learn to work with clay from the experts at the SB Arts and Crafts Center, 1-3 p.m., Wednesdays. Initial session is \$25; additional sessions are \$5. Call 655-4202 for registration.

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss com-

munity service projects and fun upcoming programs. Call Spc. Jennifer Coggins, BOSS president, 655-1130. Attend these meetings:

- North meetings, 2 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.
- South meetings, 11 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

Keiki Night — Every Wednesday night is Keiki Night, 5-8 p.m., at SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974). Kids younger than 10 years eat for a special price from the keiki menu.

12 / Thursday
Leilehua Thursdays — Join Chef Devin Lee, 4:30-7:30 p.m., every Thursday, at Leilehua’s driving range for hot dogs and burgers. Menu items cost \$3-\$4. Call 655-7131.

13 / Friday
Right Arm Night — FS Hale Ikena hosts, beginning at 4 p.m., with holiday-themed food, games and prizes. Enjoy an all-you-can-eat pupu buffet and drink specials. Spouses and civilians welcome. Tickets are \$5 in advance or \$8 at the door. Call 438-1974.

Middle School Winter Ball — The Schofield Barracks CYSS Youth Center will host the semiformal night from 6-9:30 p.m. Dance is open to grades 6-9; features dinner, face painting, a photo booth, entertainment and a live DJ. Tickets are \$20 or \$25 at the door, payable at the Parent Central Services Center. Call 655-0451.

Single Soldiers Holiday Party — Tropics Recreation Center celebrates the holiday season, 5-9 p.m. The “High Roller Vegas” themed-night will include Texas Hold ’Em, Black Jack, Roulette and other Vegas style games and live entertainment provided by the band Sol Sisters.